

Vol. 9, No. 102.
Issued Monthly.

JULY, 1899

Price, 10 Cents.
\$1.20 Per Year.

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Spalding's

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GROUND TUMBLING

By

HENRY WALTER WORTH

Formerly Physical Director of Armour Institute
of Technology, Chicago.

PUBLISHED BY THE
AMERICAN SPORTS PUBLISHING CO.

16 and 18 Park Place, New York

Entered at the New York Post Office, N. Y., as Second Class Matter.

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Forwarded to Order Division MAR 17 1909
(Date)

(Apr. 5, 1901—5,000.)

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American Sports Publishing Company
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Spalding's

Illustrated

Catalogue

Spring and Summer

Sports



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INTRODUCTION



Oh, do you remember, how, when a small boy in the country, in the months of April, May, June, July, August and September (it mattered little what time of the year it was, just so the ice was out of the water), you used to run to the river at a "twelve-second gait," make two simple twists of the wrist, thereby removing a waist and pair of trousers, and plunge into the water with speed equalled only by the rapidity with which you say your prayers on a cold night? Of course you do. Great fun, was it not? I used to think there was nothing like it. I could not get into the water quick enough. That was before I learned to turn the "back" and the "flip," however.

After I learned to turn the back and forward somersault, when I was about eleven years old, I would linger on the bank, or soft sandy beach, "tumbling," until I saw the other boys coming out to dress, then I would dive in, swim a few strokes, just to say I had been in swimming, come out and dress with the rest.

Like the proverbial "Wandering Willie," the

water lost much of its charm for me after I found what royal fun the turning and twisting on the bank afforded. I have wondered many times if the Almighty, when He created beaches like Manhattan, Rockaway and Nantasket, making them slope gently down to the water, and put the soft, but not too soft, yielding sand there, if He did not think how admirable they would be to "tumble" on.

Any one who has experienced the pleasure of a few "backs," "flips," "snap-ups," etc., on the soft sand, immediately after donning the light bathing suit, will agree with me that it is "great fun." And he who has never been taught, never practiced any acrobatic work, I hope will begin "easy" at first; a few simple feats and practice carefully every opportunity he has.

I am sure whoever takes an interest, tries, and advances as far as the "round-off," "flip" and "back," will feel fully repaid for all the time passed in learning. He will find so many opportunities of performing, and it will be a means of great pleasure to himself, if not to his friends.

Many of the acts can be performed in the parlor or in a very small space. However, they should never be *practiced* in the parlor.

Now a few words upon the benefits, physical

and mental, derived from practicing tumbling.

An expert tumbler has an everlasting faculty of always landing on his feet. If thrown from a horse, street car or carriage, like a cat that is dropped from a window, and the man who strikes a match on the sole of his boot, he always lights on his feet. There is a sort of wriggle or twist that a man who has practiced tumbling long can make in the air that will invariably bring him down feet first.

The mental benefit is derived from the pleasure found in practicing, as all recreation is a mental benefit. I feel that all I could preach, say or sing about the benefit of any certain exercise would be feeble indeed. Boys and young men—and they are the ones who will probably be most interested in this book—are not appealed to by advice on “what they ought to do.” They will never practice any of the feats described in this book for the good it will do them. They know that plenty of sleep is good for them, and they know that tobacco is bad for them; but it makes no difference.

This book is intended more for the boy who wishes to learn but does not know just where and how to begin. What we all need in this world is encouragement. I should like to encourage every

boy who wishes to learn. Don't be discouraged because it takes you so long to learn the hand-spring; when that is once learned, the other acts will be easier.

Do you remember the comparative lines used by a baking powder company in advertising their baking powder? There was the long line reaching nearly across the page, representing this firm's powder, "Absolutely Pure." Then there was the next line, not as long, representing some other firm's powder—not as long a line, and not so pure a powder. Then there were other lines along down the list, shorter and shorter, until the last, which was only about an eighth of an inch long. Now, I think these lines might serve as an excellent illustration of the length of time it will require one to learn the different feats. Let the long line represent the length of time it takes to acquire the first trick; the practice for the first trick will help you with the second, the second with the third, and so on, so that when you have practiced and learned many feats the time required to learn each will grow shorter and shorter, although the acts grow harder.

This rule will apply to all athletic and gymnastic work as well as to tumbling.

To boys who are apt to get discouraged I love to tell of a boy I knew in Chicago. He was far below the average in natural ability when I first knew him—awkward and clumsy—but he became interested in gymnastic work and kept “everlastingly at it.” He fairly lived in the gymnasium. As a result of this faithful labor, in less than three months’ time he participated in a gymnastic exhibition, turning a forward somersault through a blazing hoop.

Practice, don’t be discouraged! You will probably never become as great an acrobat as one of the Nelson Brothers, but you will certainly find great pleasure and accomplish some good results by Ground Tumbling.

THE AUTHOR.



NO. 2. THE SITDOWN.

DIRECTIONS



1. *The Switch.*

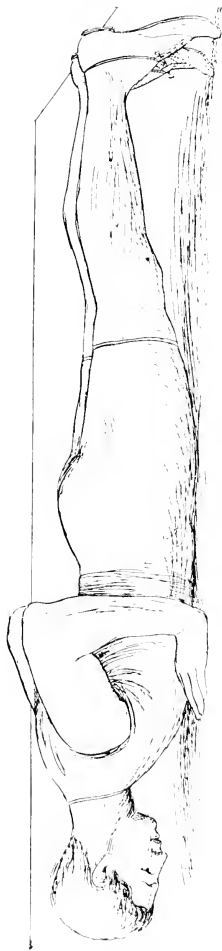
This is an act which is easily performed and affords much amusement for spectators. Stand in an erect position with hands hanging at sides, spring up a foot-and-a-half from the ground and give a quick jerk or switch with the body and come down facing in the opposite direction. Do not jump around. The turn is made by a twist of the body, not with the feet or legs.

2. *The Sit Down.*

Stand with the feet about one foot apart, bend over, keeping the legs perfectly straight, until the finger tips nearly touch the toes, then fall back to a sitting position on the floor. Do not bend the knees. If performed correctly this can be done on a very hard floor without hurting the performer in the least. (See illustration.)

3. *The Back Roll.*

Performed the same as No. 2, only instead of stopping at the sitting position the performer rolls



No. 4. THE FISH FLOP.

back on the shoulders and head, and with the use of the hands comes to a standing position on feet.

4. *The Fish Flop.*

Lie on stomach, feet close together with the toes touching the floor. Place hands on sides, near ribs, flop over onto back with help of hands and feet, keeping the body perfectly rigid. (See illustration.)

5. *The Front Roll.*

Stand with heels close together, toes turned out. Bend over, place hands on floor about one foot apart and about a foot-and-a-half in front of feet, bend head in toward body and touch the back of head on floor between hands and, with a push from the feet, roll over on back and up onto feet again. "Curl up" in doing this act. Bring feet well under body.

6. *The Cart Wheel.*

Stand erect, throw left hand hard down on the floor, about two feet from the left foot, follow with the right hand, two feet from the left hand, then the right foot down about two feet from the right hand, and so on. The feet and hands should be placed as nearly on a straight line as possible.



No. 10. THE HEADSPRING.

Arms and legs moving like the spokes in a wheel, hence the name.

7. *The Round-off.*

This may be done with either running or standing start. Strike hands on ground in front of feet, letting the left strike a little before the right, as in the cart-wheel. Place them about ten inches apart, at the same time swing the body over and around, so as to land in a sitting position directly opposite the one in starting.

8. *The Handspring.*

Possibly the most common acrobatic feat. May be done from running or standing start; strike hands hard on the ground, turn head under and in, throw feet over head and as they begin to come down give a hard spring or push up with the hands, curling feet down and back under body and coming to standing position, facing the same way as when starting.

9. *The One-hand Handspring.*

Same as No. 8, except that but one hand is used. The weight of the body should be brought well over the hand used.



• No. 11. THE SNAP UP.

10. The Headspring.

Instructions same as for No. 8, only the spring is made from the head instead of the hands. (See illustration.)

11. The Snap Up.

Lie on back, carry feet up and back over head so that the toes nearly touch the ground, bearing the weight on the back of head, neck and shoulders. The hands should be placed on the ground near shoulders and neck. Give a quick hard whip with the feet and legs over toward first position and a hard snap or push up with the neck, shoulders and hands. With a little practice it can be done without the aid of the hands. It is a pretty act and a good "finish" to every act ending with a fall on the back. (See illustration.)

12. The Elephant Walk.

A comical contortion act. Place hands on floor in front of feet as near to toes as possible. Do not bend the knees. Walk.

13. The Long Dive or Lion's Leap.

This is a long dive made on the mats or some soft place, much as one dives into the water. Take a short run, strike both feet at the same time



NO. 19. THE JUMP OVER HANDS.

on a spot about five feet from the mat, make a dive toward the centre of the mat striking first the hands, then the head (which should be well turned down and under), allowing the force of the dive to be about equally divided between the hands, neck, head and shoulders. Curl up well as in No. 5.

14. The Hop Over Hand and Foot.

Grasp left foot with right hand, with thumb of right hand under great toe joint; fingers of right hand over top of toes with backs of fingers up. Jump over hand and foot with right foot. The point to be observed in performing this trick is to keep the right hand and left foot perfectly still while jumping with the right. If moved, they are apt to trip the foot when jumping. This is excellent practice in developing quickness in handling the feet, which is an important factor in tumbling.

15. The Hop Back.

Jump back to original position from finish of No. 14. Try the same trick with both feet over and back.

16. The Jump Over Stick in Hands.

Practice this with a cane or rattan that can be bent down while jumping over. Grasp stick with



No. 24. THE CURL.

ordinary grasp, hands placed as far apart as the width of shoulders. Jump over stick between hands, keeping stick in hands. Jump back.

17. *The Jump Over Hat.*

Same as No. 16, except jump is made over hat held in hands.

18. *The Jump Over Razor-Blade.*

This should never be practiced until the performer can successfully jump over short lead pencil held in hands. It is a "stage trick" that takes well and usually makes a hit. It should be done with a razor-blade so dull that if struck with the feet it would do no harm. Hold the blade of the razor in the hands so loosely that if tripped upon by toes it would easily slip from hands without injury.

19. *The Jump Over Hands.*

This is one of the prettiest and most difficult acts that is performed. Entwine the fingers together and jump through the arms and over the hands. It may take months of practice to get this feat, but, when once learned, the legs will be so supple and quick that nearly all other acrobatic feats will come easier in consequence. (See illustration.)



NO. 25. RUNNING FORWARD SOMERSAULT.

20. *The Twist Handspring.*

Performed the same as No. 8, only, after touching the hands, the body gives a quick turn or twist to the right or left so as to finish the act facing in position used in starting.

21. *The Twist Snap-Up.*

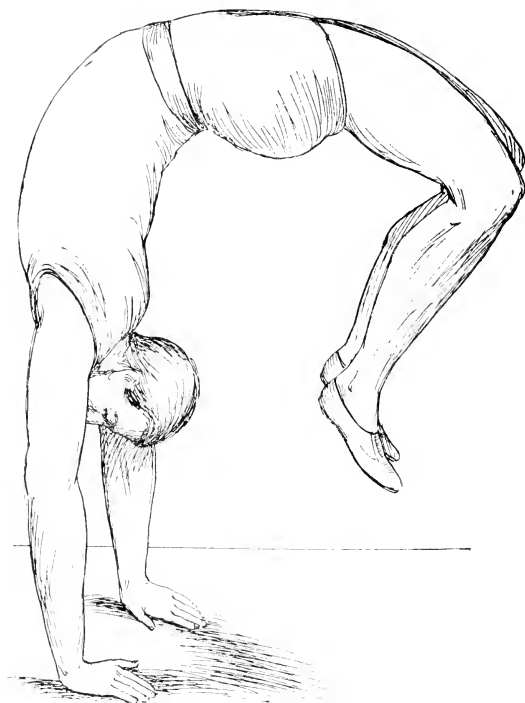
Same as No. 11, only the body gives a quick turn or twist to the right or left after the shoulders leave the ground so that the finish is made opposite the position taken in starting.

22. *The Cradle.*

First do the snap-up, No. 11, and immediately after landing fall back onto the shoulders, neck, head and hands as in the snap-up, then snap back to feet and continue to rock back and forth.

23. *The Kicking Jackass.*

Stand with heels close together, jump onto hands, with the feet carried well back and the back arched. Then spring (not fall) back to the feet from the hands and continue the movement. Be sure that the feet leave and strike the ground together, also the hands. Do not "crow-hop," that is, don't strike first one foot and then the other, a sort of "ker-flap," "pit-pat" sound.



NO. 35. THE HALF BACK.

24. *The Curl.*

Stand erect, fall slowly forward on the hands, keeping the body perfectly straight. Break the force of the fall by letting the arms bend slightly, but straighten them immediately. Curl up, bringing the knees well up toward the chin and carry the feet through between the hands, not letting them touch the floor; extend legs in front of arms, curl up again, carry feet back through hands and straighten into the "handstand." This is a difficult feat, but it may be practiced with perfect safety. It is excellent practice for developing the muscles of the stomach and abdomen. (See illustration.)

25. *Running Forward Somersault.*

Take a quick run of about twenty yards, strike both feet together on the mat or floor. Jump well into the air, duck the head down and in, and try to describe a half circle through the air, with the feet landing in a position, the same direction as when starting. It is well to practice this over a very soft place, having a board or some hard object to turn from and land into hay, shavings, soft sand, sawdust or tan-bark. When one has a soft place on which to practice he should go at it boldly; he

will then be less apt to jar himself. A quick hard run is the important thing, and a leap of about five feet should be made before striking the take-off. (See illustration.)

26. *The Back Somersault.*

This is done from a standing position. Get two men to hold you up while trying. The "lungers" that are generally used in the gymnasium—"coward-strap" they are called—may be used with perfect safety. However, I think the best kind of strap is a long strong towel.

Stand firmly with the heels about four inches apart, spring up as high as possible, throw the head back and down and try to describe a half circle with the feet landing in a position facing the same way as when starting. This should be performed with a "cut," that is when the feet get well over the head catch the legs back of the knees and pull them down under the body. The way of using the hands in performing the back somersault will gradually come to the performer with practice.

27. *The Flip.*

Sometimes called "Back Handspring." Should be practiced over a moderately soft place. Stand

with the back to the mat. Sink down so that knees come within a foot of the floor in front of feet. Throw the hands and head back. Strike hands on floor, about six inches apart, in a position such as is held while walking on hands. Do not let the head touch the ground. Then throw the feet up over the head and hands, describing a half circle, finishing facing the same way as when starting. Use the stomach and abdomen muscles when performing this act. Do not let the feet leave the ground until the hands are firmly placed.

28. *The Twister.*

This is No. 26, the back somersault, with a half turn to the right or left, so that the finish is made facing in an opposite position from the position in starting. It is well in practising this act to try and turn just a little at first, then an inch further, and so on until the complete half turn is made.

29. *The Twist Flip.*

Same as No. 27, the "flip," only a half turn is made from the hands so as to finish facing in an opposite direction from that taken when starting.

30. *The Spotter.*

This is the back somersault turned in such a way as to finish with the feet in the same spot they were when starting. It is best acquired by trying to make each finish nearer and nearer to the starting position.

31. *The Gainer.*

Same as No. 30, except that the finish is made with the feet striking in front of the starting position.

32. *The Tuck-up.*

This is a high back somersault performed without the "cut." It is usually done as a finish to a succession of "flips."

33. *The Standing Forward.*

This is the forward somersault performed without a run. To do this one must jump high into the air, turning as he would in the running forward and "cut" by catching the legs in front, just above the ankles, and drawing them under the ankles. It is a difficult act.

34. *The Half Forward.*

The first part of this act is performed as in No. 25, only, instead of having the feet describe a

circle over the head, they stop in the air above head, and the landing is made on the hands. It is, in fact, a sort of jump or dive on the hands and stand there.

35. *The Half Back.*

Like No. 26, only the finish is made onto the hands and the body balanced there. Instead of turning all the way around, jump back onto the hands and stand there. (See illustration.)

This concludes the article on "single acts." In the next chapter I will describe how the acts can be suitably combined. A clever performer can make combinations other than these. In fact, there are an endless variety of combinations that can be made with the acts here described. Space will not allow of a longer or more thorough description.

COMBINATIONS

- 36. A succession of No. 5.
- 37. A combination of Nos. 2 and 3.
- 38. A succession of No. 6.
- 39. A combination of Nos. 2, 3, 4 and 11.
- 40. A combination of Nos. 11 and 8.
- 41. A combination of Nos. 10 and 8.

42. A succession of No. 8.
43. A succession of No. 11.
44. A succession of No. 10.
45. A combination of Nos. 7, 2 and 3.
46. A combination of Nos. 7, 2, 3, 4 and 11.
47. A combination of Nos. 7, 2, 3, 4, 11 and 23.
48. A succession of No. 21.
49. A combination of Nos. 8 and 33.
50. No. 13 through hoop.
51. A combination of Nos. 7 and 26.
52. A combination of Nos. 7 and 27.
53. A combination of Nos. 23 and 26.
54. A combination of Nos. 24 and 33.
55. A combination of Nos. 7, 27 and 26.
56. A combination of Nos. 7, 27, 26 and 33.
57. A combination of No. 7 and a succession of
Nos. 27 and 32.
58. A succession of Nos. 8 and 34, then a suc-
cession of No. 27.
59. A combination of No. 7, a succession of Nos.
27 and 28, then a succession of Nos. 27
and 32.

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Washington D.C. Dec. 27 1891.

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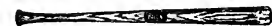
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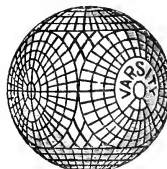


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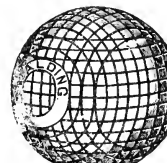
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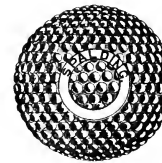
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No. A Marking. Per doz., \$3.00
No. B Marking. Per doz., \$3.00

Complete Catalogue of all Athletic Sports mailed free.

A. G. SPALDING & BROS.

NEW YORK

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SPALDING'S FOOT BALL GOODS

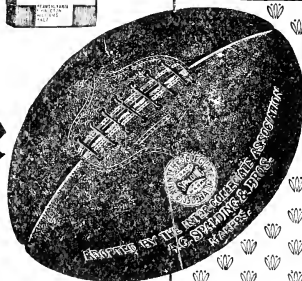


1899

USED
EXCLUSIVELY
BY....

Amherst • • •
Cornell • • •
Dartmouth •
Harvard • •

Official
Inter-
Collegiate
Foot Ball



No. J. COMPLETE \$4.00

WE have spared no expense in making this ball perfect in every detail, and offer it as the finest Foot Ball ever produced. Each ball is thoroughly tested, packed in a separate box and sealed, so that our customers are guaranteed a perfect ball inside when same is received with seal unbroken. A polished brass Foot Ball Inflator and Lacing Needle will be packed with each Intercollegiate Foot Ball without extra charge. Used exclusively in all match games between the leading Colleges.

Pennsylvania
Princeton • • •
Williams • • •
Yale • • • • •

And All Other Leading Universities.

35

Complete Catalogue of Athletic Goods Free.

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SPALDING'S ATHLETIC SWEATERS

The Spalding
HIGHEST QUALITY

"HIGHEST QUALITY" SWEATERS are made of the very finest Australian lamb's wool and are exceedingly soft and pleasant to wear. They are full fashioned to body and arms and without seams of any kind. The various grades in our "Highest Quality" Sweaters are identical in quality and finish, the difference in price being due entirely to variations in weight.



The Spalding
HIGHEST QUALITY

We call special attention to the "Intercollegiate" grade, which was originally made by special order for the Yale football eleven and are now exclusively used by all Intercollegiate players. They are considerably heavier than the heaviest sweater ever knitted and cannot be furnished by any other maker, as we have exclusive control of this special weight.

No. A. "Intercollegiate, special weight,	-	\$6.00
No. B. Heavy Weight,	- - -	5.00
No. C. Standard Weight,	- - -	4.00

Colors: White, Navy Blue, Black and Maroon.

RIBBED SWEATERS



Colors: White, Maroon, Navy Blue and Black.

Our No. 9 Sweater is made of pure wool, full shaped to body and arms. It is guaranteed superior to any sweater of equal price. Guaranteed absolutely all wool.

No. 9. Medium weight, **\$1.50**

Our No. 11 is not all wool, but contains more of it than most sweaters usually sold as all wool sweaters at a high price.

No. 11. Medium weight, **\$1.00**

SHAKER SWEATERS



We introduce this season a line of sweaters to fill a demand for as heavy a weight as our "Highest Quality" grade, but at a lower price, and after much experimenting, we are in a position to offer this line in Black, Navy Blue, Maroon or White, as follows:

- No. 1. Same weight as No. A, **\$4.50**
- No. 2. Same weight as No. B, **3.50**
- No. 3. Same weight as No. C, **2.75**

These sweaters are the celebrated "Shaker" weave, which we control, and at the above prices are absolutely the best value for fine, heavy weight sweaters ever offered.

Complete Catalogue of Athletic Goods Free.

A. G. SPALDING & BROS.

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NEW YORK AND CHICAGO

GYMNASIUM AND ATHLETIC GOODS

WORSTED GOODS, BEST QUALITY.

Are knit of the purest and finest wool yarn and full fashioned, or woven, to the shape of the body and arms. They are very soft and elastic and will never lose their shape. We carry the following colors regularly in stock: Black, Navy Blue, Maroon and White, in stock sizes, 26 to 42 inches chest. Other colors and sizes made to order at special prices. Estimates furnished on application.

CUT WORSTED GOODS.

SANITARY COTTON GOODS.

Made of all wool yarn, knit to size and shape. Have no raw edges and are warranted not to rip. Furnished in Navy Blue, Maroon and Black only. Sizes, 26 to 42 inches, chest measure.

Made of selected sea island cotton, knit on strictly scientific and sanitary principles, and, owing to their porosity and elasticity, are peculiarly adapted for gymnasium and all athletic purposes.

Colors: White, Navy, Black, and Maroon. Sizes, 26 to 42 inches.



Sleeveless Shirts

Best Worsted, full fashioned, stock colors.

No. 1E. Each, \$2.50

Cut, Worsted, full fashioned, Navy, Black and Maroon.

No. 600. Each, \$1.25

Sanitary Cotton, White, Navy and Black.

No. 6E. Each, 50c.

Full Sleeve Shirts

Best Worsted, full fashioned, stock colors.

No. 1D. Each, \$3.50

Cut Worsted, full fashioned, Navy, Black, Maroon.

No. 602. Each, \$2.00

Cotton, Flesh, White and Black.

No. 3D. Each, \$1.00.



Knee Tights

Best Worsted, full fashioned, stock colors.

No. 1B. Per pair, \$2.50

Cut Worsted, full fashioned, Navy, Black and Maroon.

No. 604. Per pair, \$1.25

Sanitary Cotton, White, Navy and Black.

No. 4B. Per pair, 50c.



Velvet Trunks

Fine Velvet. Colors: Black, Navy, Royal Blue, Maroon. Special colors to order

No. 3. \$1.00

Sateen. Black, White.

No. 4. 50c.

Quarter Sleeve Shirts

Best Worsted, full fashioned, stock colors.

No. 1F. Each, \$2.50

Cut Worsted, full fashioned, Navy, Black, Maroon.

No. 601. Each, \$1.25

Sanitary Cotton, White, Navy and Black.

No. 6F. Each, 50c.



Full Length Tights and Trousers

BEST WORSTED

Full Tights, full fashioned, stock colors.

No. 1A. Pair, \$3.50

CUT WORSTED

Full Tights, full fashioned, Navy, Black, Maroon.

No. 605. Pair, \$2.00

COTTON

Full Tights, full quality Cotton, White, Black and Flesh.

No. 3A. \$1.00



FULL TIGHTS



REGULATION

Y. M. C. A. Trousers
Regulation Style.

No. 4. Flannel, medium quality Pair, \$1.75
No. 3. Flannel, good quality. " \$2.50

Worsted Trunks

Best Worsted, Black, Maroon, Navy and White.

No. 1. \$1.75

Cut Worsted, Navy and Black

No. 2. \$1.00

Special colors to order.



Complete Catalogue of Athletic Goods Free.

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SPALDING'S BICYCLE RACING SUITS

Bicycle Racing Suit No. 101

Columbia Blue
Maroon
Trimmings
Royal Blue
Red
Trimmings
Maroon
White
Trimmings



Navy Blue
Orange
Trimmings
Purple
White
Trimmings
Red
Black
Trimmings

Fine Worsted, with stripe woven in around neck. In the above combinations of colors.

No. 101. Suit, complete, **\$4.00**
Cap to match, 75 cents.

Same as No. 101, only very finest worsted. Any combination of colors. Made to order only.

No. 101X. Suit, complete, **\$6.75**
Cap to match, \$1.00

Bicycle Racing Suit No. 103

Lavender
Black
Trimmings
Green
Red
Trimmings
Maroon
White
Trimmings



White
Royal Blue
Trimmings

Red
Black
Trimmings

Worsted Racing Suit. A very novel and showy suit on the track. In above combinations of colors.

No. 103. Suit, complete, **\$5.00**
Cap to match, 75 cents.

BEST WORSTED GOODS

No. 1F. Shirt, in stock colors only, **\$2.50**
No. 1B. Knee Tights, in stock colors only, **2.50**

Bicycle Racing Suit No. 104

Royal Blue
Black
Trimmings
Pink
White
Trimmings
Green
Red
Trimmings



Orange
Black
Trimmings
Navy Blue
White
Trimmings

Worsted Racing Suit. New and handsome design. In above combinations of colors.

No. 104. Suit, complete, **\$5.00**
Cap to match, \$1.00

Bicycle Racing Suit No. 108

Navy,
Royal and
Columbia Blue
Red,
White and Blue
Green,
Red and Green



Maroon, White
and Maroon
Black,
Light Blue and
Black

Worsted. In above combinations of colors.

No. 108. Suit, complete, **\$4.00**
Cap to match, 75 cents.

CUT WORSTED GOODS

In solid colors only: Black, Navy and Maroon.

No. 601. Quarter Sleeve Shirt, **\$1.25**
No. 604. Knee Tights, **1.25**

COTTON GOODS

In White, Black, Navy and Maroon.

No. 6E. Quarter Sleeve Shirt, sanitary cotton, **50c.**
No. 4B. Knee Pants, **50c.**

Any colors or combinations of colors other than those listed will cost \$1.00 per suit extra.

Complete Catalogue of Athletic Goods Free.

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NEW YORK AND CHICAGO

ELASTIC BANDAGES AND SUSPENSORIES

**Shoulder Cap Bandage**

In ordering, give circumference around arm and chest.

No. 1. Cotton thread, \$3.50

No. 1A. Silk thread, 5.00

**Knee Cap Bandage**

In ordering, give circumference below knee, at knee and just above knee, and state if light or strong pressure is desired.

No. 4. Cotton thread, \$1.50

No. 4A. Silk thread, 2.00

Wrist Bandage

Give circumference around smallest part of wrist, and state whether for light or strong pressure.



No. 6. Cotton thread, \$

No. 6A. Silk thread, .

Leather Wrist Supporter

A perfect support and protection to the wrist. Invaluable to base ball, tennis and cricket players, or in any game where the strain is on the wrist. In domestic grain leather; tan, orange or black.

No. 100. Each, 25c.

**Lower Abdomen Protector**

Heavy wire, padded and lined with lambs' wool.

No. 4. Each, \$1.50

**Elbow Bandage**

In ordering, give circumference above and below elbow, and state whether for light or strong pressure.

No. 2. Cotton thread, \$1.50

No. 2A. Silk thread, 2.00

Ankle Bandage

In ordering, give circumference around ankle and over instep, and state if light or strong pressure is desired.

No. 5. Cotton thread, \$1.50

No. 5A. Silk thread, 2.00

**The Spalding Suspensory**

Non-elastic bands, knitted sack.

No. 70. Each, 25c.

Non-elastic waist bands, full elastic buttock band, knitted sack.

No. 71. Each, 35c.

Elastic bands, fine English knitted sack.

No. 72. Each, 50c.

Elastic bands, all silk sack, warranted not to chafe.

No. 73½. Each, 75c.

Elastic bands, fine Swiss bolting silk sack, satin top piece.

No. 75. Each, \$1.00

Silk elastic bands, finest Swiss bolting silk sack, satin trimmings.

No. 76. Each, \$1.25

Old Point Comfort Suspensory

Elastic bands, adjusting buckles, ligle thread sack.

No. 2. Each, \$1.00

Elastic bands, adjusting buckles, satin trimmings, fine knitted silk sack.

No. 3. Each, \$1.25

Silk elastic bands, adjusting buckles, satin trimmings, fine knitted silk sack.

No. 4. Each, \$1.50

*Complete Catalogue of Athletic Goods free.***A. G. SPALDING & BROS.**

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SPALDING'S BASKET BALL GOODS

Messrs. A. G. Spalding & Bros.,

Dear Sirs,—I am authorized to inform you that the governing committee of the Athletic League has decided to adopt your basket ball and goal as the official basket ball and goal for the coming year; and also to request you to publish the official basket ball rules.

I am

Sincerely yours,

Walter Hulbert
Secretary.

The Spalding Official Basket Ball

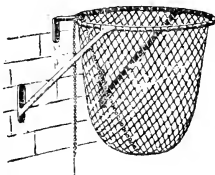


Officially adopted and must be used in all match games. The cover is made in eight sections, with capless ends and of the finest and most carefully selected pebble grain leather. The bladder is made specially for this ball, of extra heavy and purest para rubber. Each ball packed, complete, in sealed box, and guaranteed perfect in every detail. The Spalding "Official" Basket Ball.

No. M. Each, \$6.00

Spalding's
Official
Basket Ball
Goals

No. 80.
Pair, \$3.50



The Spalding Regulation Basket Ball

Regulation size, fine leather cover, with cupped ends. Bladder of selected quality. Complete, in box.

The Spalding Regulation Basket Ball.
No. 16. Each, \$3.00

Practice Basket Ball, regulation size.
No. 18. Each, \$2.00

Official Basket Ball Rules
Per copy, 10c.



BASKET BALL UNIFORMS

Long Sleeve Jerseys

Full fashioned, stock colors.

No. 1P. \$3.50

No. 1PS. Striped to order, \$4.00

STANDARD QUALITY.

Colors: Navy blue, Black and Maroon.

Full Fashioned, solid colors,

No. 12P. \$2.00

No. 12PS. Striped to order, \$2.50

Sleeveless Shirts

Cut Worsted, full fashioned, Navy, Black and Maroon.

No. 600. \$1.25

Sanitary Cotton, White, Navy and Black.

No. 6E. 50c.

Knee Pants

White or Black Silesia, fly front, elastic back, no stripes,
No. 3. 75c.

White or Black Sateen, elastic waist,
No. 4.. 50c.

With stripe down sides, 25c. extra.

Knee Tights

Cut Worsted, full fashioned, Navy, Black, Maroon.

No. 604. \$1.25

Sanitary Cotton, White, Navy and Black,
No. 4B. 50c.

Quarter Sleeve Shirts

Cut Worsted, full fashioned, Navy, Black, Maroon.

No. 601. \$1.25

Sanitary Cotton, White, Navy and Black.
No. 6F. 50c.

Basket Ball Shoes

High Cut, best grade Canvas Shoe rubber sole.

No. 1H. Per pair, \$1.50

High Cut Canvas Shoe, with rubber sole.
No. M. Per pair, \$1.00

Ribbed Stockings

No. 1R. Heavy, all wool. Pair, \$1.00

No. 2R. Med. weight, all wool. .75

No. 3R. Good weight, all wool. .50

Colors: Black, Navy Maroon, Royal Blue and Scarlet.



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A. G. SPALDING & BROS.

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SPALDING'S INDOOR BASE BALL GOODS

Spalding's Indoor Base Balls



Spalding's Official Indoor Base Ball, horsehide cover. Made in accordance with the regulations of the National Association of Indoor Base Ball Leagues.

No. 1. Each, **75c.**

Same as our No. 1, but not so soft.
No. 2. Each, **75c.**

Same as our No. 1, but smaller in size and not so soft.
No. 3. Each, **75c.**

Spalding's Indoor Base Ball Bats



Spalding's Regulation Indoor Bats. Made of selected second growth hickory. Handle wrapped with electric tape to prevent slipping.

No. 0. Each, **50c.**

Spalding's Indoor Bat. Made of selected hickory, with rubber ball at end to prevent slipping from the hands.

No. 1. Each, **40c.**

Spalding's Regulation Bat. Same as No. 0, except handle and end not wrapped.
No. 2. Each, **40c.**



Indoor Bases

Indoor Canvas bases, 10-oz. duck, unfilled.

No. 1. Per set of 3, **\$2.50**

Indoor Canvas Bases, 8-oz. duck, unfilled.
No. 2. Per set of 3, **\$2.00**

Indoor Rubber Home Plate.

No. 3. Each, **75c.**

Spalding's
Catcher's Protector

Well padded. Straps to go over shoulders and around waist.

No. 1A. Each, **\$2.00**



Spalding's Knee Protectors

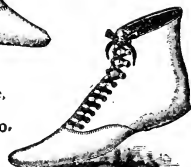
Heavily padded with sheepskin. Prevents bruised and dislocated knee caps.

No. 1. Per pair, **75c.**

Indoor
Athletic Shoes

High Cut, best grade Canvas Shoe, rubber sole.

No. 1H. Per pair, **\$1.60**



High Cut, Canvas Shoe, with rubber sole.

No. M. Per pair, **\$1.00.**

Official Indoor Base Ball Guide

Per copy, **10c.**

INDOOR BASE BALL UNIFORMS

Y. M. C. A. Uniform

The cheapest outfit we make this season. Made of fair quality flannel and compares favorably with uniforms of other makers quoted at a much higher price. Colors: White, Light Gray, Blue Gray, Brown Mix, Dark Gray.

Amateur Special Shirt
Amateur Special Pants, padded
Amateur Special Cap
Web Belt Stockings

Amateur Special Uniform, complete, **\$4.50**
Price to clubs ordering for team. Suit, **\$3.50**



Club Special Uniform

Made of good quality flannel in a variety of very desirable patterns. Well finished and a most excellent outfit for amateur clubs. Colors: White, Pearl Gray, Yale Gray, Light Gray, Dark Gray, Black, Maroon, Royal Blue, Navy Blue, Brown.

Club Special Shirt
Club Special Pants, padded
Club Special Cap
Web Belt Stockings

Club Special Uniform, complete, **\$4.25**
Price to clubs ordering for team. Suit, **\$5.00**

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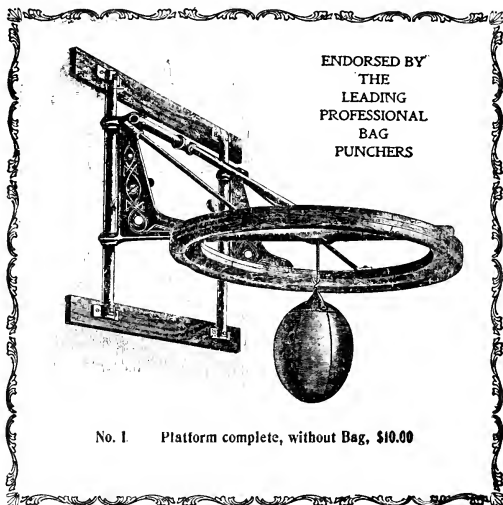
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SPALDING'S MOLINE PLATFORM



ENDORSED BY
THE
LEADING
PROFESSIONAL
BAG
PUNCHERS

No. 1 Platform complete, without Bag, \$10.00

THE most delightfully exhilarating indoor exercise is unquestionably that of vigorously punching a light, air-inflated bag against a reliable responsive disc. It has, unfortunately, been deterred from occupying its proper place as a home exerciser by the unwieldy size, weight and general unsuitability of the ordinary gymnasium disc and its many useless substitutes.

Our Moline Platform is adjustable in height, readily attached to any wall, and the side bracket so arranged that it touches three rows of studding.

Neat in design and handsomely finished, it in no way detracts from the appearance of the room, does not obstruct the light, and overcomes many other objectionable features of the old style disc usually costing double the price. The arrangement of the face of the rim permits of two speeds, SLOW and FAST. The part designed for fast work is much quicker than the fastest work obtainable in any other platform.

The changing of speeds is an entirely new and exclusive feature, and offers a wide range of clever combinations and scientific work. Each platform is supplied with everything necessary for attaching to wall, and crated ready for shipment.



Complete Catalogue of Athletic Goods Free.

A. G. SPALDING & BROS.

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CHEST WEIGHTS FOR HOME EXERCISE

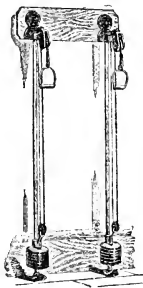


NO apparatus for home exercising covers the field so thoroughly as our Chest Weights listed on this page. No instructions are necessary, and by simply following the chart furnished with each machine all the muscles of the body may be easily and pleasantly exercised and with sufficient variations in the movements to relieve it of monotony.



SPALDING No. 7
16-lb. Weights

**No. 7
CHEST WEIGHT**
Single Spalding Chest Weight with Cross Bar and Double Handles for 2-handed exercises. Especially adapted to small rooms.
**No. 7. Japan Finish.
Each, \$7.50**



SPALDING No. 6
16-lb. Weights

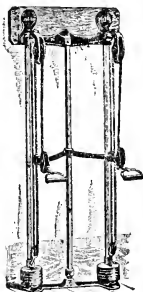
**No. 6
CHEST WEIGHT**
Our No. 6 Chest Weight is the same as our No. 5 without the Centre Arm Adjustment.
**No. 6. Japan Finish.
Each, \$10.00**

**No. 5
CHEST WEIGHT**

The No. 5 Machine has the Centre Arm Adjustment, which permits of all the lower as well as the direct and upper chest movements. The various changes are made by raising or lowering the centre arm, requiring but a few seconds to do it, and practically combines in one machine a complete gymnasium.

**No. 5. Japan Finish
Each, \$15.00**

**No. 5A. Nickel-plated Trimmings.
Each, \$18.00**



SPALDING No. 5
16-lb. Weights

ATTACHMENTS FOR THE SPALDING WALL MACHINES



FOOT GEAR, WITH ATTACHMENT
Can be worn either with or without shoe. The inside, outside, front or back leg exercises can be obtained by changing the snap-hook from one ring to another.

No. 2. Price, \$1.00

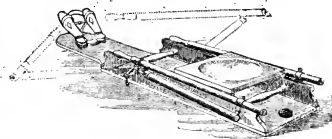
HEAD ATTACHMENT



The Head Attachment can be used by simply snapping to one of the handles. It helps to develop the muscles in the neck and back.

No. 3. Each \$1.00

SPALDING'S ROWING ATTACHMENT



For use in connection with the Spalding Wall Machine
No. 5. Complete, \$8.00

SPECIAL BOOKS ON PHYSICAL TRAINING.

"Care of the Body," by Prof. E. B. Warman Price, 10 cents.
"Physical Training Simplified," by Prof. E. B. Warman Price 10 cents.
"Exercises on the Chest Machine," by Prof. H. S. Anderson Price, 10 cents.

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SPALDING'S INDIAN CLUBS AND DUMB BELLS

Spalding's Indian Clubs



Our Trade-Mark Indian Clubs are of selected material and perfect in shape. They are finely polished, with ebonite centre band and gilt stripe, top and bottom. Each pair wrapped in paper bag.

1-2 pound,	Per pair,	\$.30
3-4 "	"	.35
1 "	"	.40
1½ "	"	.45
2 "	"	.50
2½ "	"	.60
3 "	"	.65
4 "	"	.75
5 "	"	.00

Indian Clubs

The following Clubs are not Trade-Mark Goods, but of good material and far superior in shape and finish to the cheap clubs on the market.

1-2 pound,	Per pair,	.15
3-4 "	"	.20
1 "	"	.25
1½ "	"	.30
2 "	"	.35
2½ "	"	.40
3 "	"	.45
4 "	"	.50
5 "	"	.75



Exhibition Clubs

Handsome finished in ebonite and made for exhibition and stage purposes. The clubs are hollow with a large body, and, although extremely light, represent a club weighing three pounds or more.

Ebonite Finish.

No. A. Per pair, \$3.50

With German Silver Bands.

No. AA. Per pair, \$5.00



Iron Hangers for Indian Clubs and Dumb Bells

With screws for fastening to wall. Nicely japanned.



For Indian Clubs.

No. 1. Per pair, 20c.

For Dumb Bells.

No. 2. Per pair, 20c.

Spalding's Wood Dumb Bells

Our Trade-Mark Bells are made of selected material, neatly decorated, well finished and of perfect balance.

1-4 pound.	Per pair,	.30
1-2 "	"	.30
3-4 "	"	.35
1 "	"	.40
1½ "	"	.50
2 "	"	.55
3 "	"	.70
4 "	"	.75



Wood Dumb Bells

1-4 pound,	Per pair,	.15
1-2 "	"	.18
3-4 "	"	.20
1 "	"	.25
1½ "	"	.30
2 "	"	.35
3 "	"	.40
4 "	"	.50



Iron Dumb Bells

Made on approved models, nicely balanced and finished in Japan.

Sizes, 2 to 40 pounds.

Per pound, 4c.



Nickel-Plated Dumb Bells

Nickel-plated and polished.

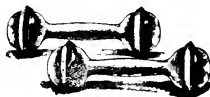
1 lb.,	Pair,	\$.25
2 "	"	.50
3 "	"	.65
4 "	"	.75
5 "	"	1.00



Nickel-Plated Dumb Bells, with Rubber Bands

Nickel-plated and polished.

1 lb.,	Pair,	\$.50
2 "	"	.75
3 "	"	1.00
4 "	"	1.15
5 "	"	1.25

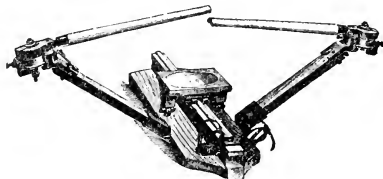


A. G. SPALDING & BROS.



NEW YORK AND CHICAGO

GYMNASIUM GOODS FOR HOME USE



THE LAFLIN FRICTION ROWING MACHINE.

THE smallest, simplest and most practical Rowing Machine yet introduced. The means used to produce a resistance is a simple friction clutch, which takes instant hold at the commencement of the stroke and holds the pressure till its completion, but instantly releases it, precisely as in a boat. It is quickly taken apart without loosening any bolts or screws, and can be set away in a closet or put under the bed, occupying but a small space—a most valuable feature for home use. Each machine is adjustable to any amount of friction, and has an indicator so graduated that one revolution is equivalent to 100 strokes, or one-third of a mile, based on Hanlan's time of thirty-two strokes per minute. Handsomely built from ash and maple, iron work japanned, and every machine guaranteed.

No. 119. Laflin Machine, complete, \$15.00

SPALDING'S PNEUMATIC ROWING MACHINE.



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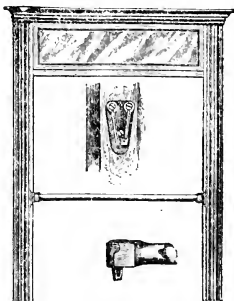
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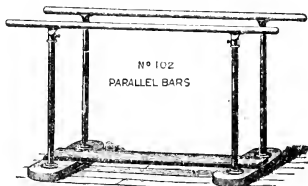
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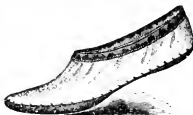
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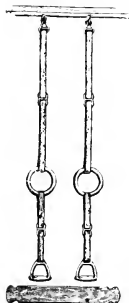
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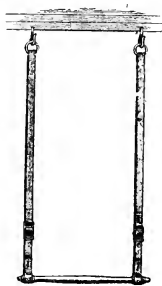
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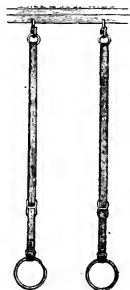


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